

Health Notes

By Audeen Wagner



WALK FOR THE CURE. Providence Portland is joining up with the Susan B. Komen Foundation to make this year's "Walk for the Cure" a huge success. They would love to recruit the largest team ever for the Race for the Cure; it takes more than 3,750 people to surpass the record held by a St. Louis turnout! Just think, we could make the Guinness Book of Records!

Donna Webb is the Team Captain for an energetic group of walkers known as "Providence Vernonia Women Rock." Call her at 503-429-5201 to sign up, or for more information.

Marla at the clinic tells me that we can also join "Sleep in for the Cure" which is a novel way that you can help even if you can't attend. I believe it costs the \$25.00 entrance fee, and you still get the T-shirt. All of this supports cancer services throughout Oregon and Southwest Washington. For more information about the Walk for the Cure, call the Cancer Center Resource Line at 503-215-6014 or log onto <www.providence.org/teamprovidence>.

SCHOOL SPORTS PHYSICAL. The "Sports Physical Day" at the high school was a big success. If you were unable to take advantage of that program, and are interested in school sports, you MUST have a physical examination if you are in the 7th, 9th or 11th grade. Also, if you are new to the district this year and want to partake in a sports program, you must have a physical (or provide proof that you have had one elsewhere). Cathy Rozinek reports that the clinic was pleased with the turnout for the physicals, and thanks everyone who took part in making it run smoothly.

And, while we're on the subject of school – and yes it's that time again – parents should be reminded that this is a time to guard against diseases that are often picked up when children are gathered together. Please make sure your child's immunizations are up-to-date (check with your caregiver if you are not sure), and take the normal precautions for the colds, flu, and all those other bugs that kids seem to pick up. Happy Back-To-School!

OBESITY. Oregon is the only state in the union without an increase in the number of overweight people over the past year, according to a survey report from the Centers for Disease Control and Prevention. That's good news! The fact that the percentage of overweight adults in Oregon has not increased is heartening. This may be the result of numerous efforts in recent years by state, community and health groups to urge residents to eat right and exercise more. Such things as developing more bike and walking trails, (such as our Banks-Vernonia trail) and more awareness campaigns seem to be making a difference in the fight against obesity, which has reached epidemic proportions in the U.S. Oregon's new distinction is great, and a good start toward a healthier lifestyle for adults and children alike. We just need to keep up the good work!

Mammogram Schedule. The next visit will be September 21. The van will be in Vernonia that day, parked in its usual spot in the corner of the clinic parking lot. Call 503-429-9191 to schedule an appointment.

Sept. is Nat'l Preparedness month

If you find it difficult to set aside time to prepare for emergencies, you're not alone. Public surveys list "lack of time" as a primary reason people give for not taking the steps necessary to prepare themselves and their families for emergencies, even though they know that emergencies have struck and will strike again.

September has been proclaimed National Preparedness Month by the U.S. Department of Homeland Security. The Department and the American Red Cross are co-sponsoring a campaign to encourage community readiness. In support of National Preparedness Month and in recognition of busy lifestyles, the Washington County Office of Consolidated Emergency Management (OCEM) encourages citizens to "Take "5" to Survive."

Rather than viewing "emergency preparedness" as an insurmountable undertaking, consider what you could accomplish in just five-minute increments. During the month of September, set yourself a goal to complete "5" preparedness recommendations from our "5-minute" projects list. Make it a team effort – involve your whole family. Once you meet your goal – celebrate! You're better prepared for the emergencies ahead.

Fiver-Minute Projects List:

1. Discuss how your family will re-unite if an emergency separated you.
2. Practice your fire escape

plan.

3. Decide how your family will stay warm and safe if you lose power.

4. Choose who will be your family's "out-of-state" contact person. Instruct family members to call this person to relay information on their welfare if they're separated from the rest of the family and local phone lines are not working.

5. Test your smoke alarms.

6. Store bottles water – one gallon per person, per day for at least three days.

7. Buy extra canned goods and a manual can opener the next time you're at the store.

8. Work with your doctor to make sure you and your family members have at least a one-week supply of necessary drugs.

9. Verify that each person in your home has a working flashlight by their bed and extra batteries handy.

10. Make sure all adults in your home know how to use your fire extinguisher(s).

For more information on these recommendations and others, visit the Washington County OCEM web site <www.ocem.org>.

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Self-defense class for women will be free

The Columbia County Sheriff's Office is hosting a self-defense class for women on Friday, September 23, at the Sheriff's Office Training/Conference Room, 901 Port Avenue, St. Helens. Sign in will begin at 8:30 a.m., with class from 9:00 a.m. to 4:00 p.m., except for a

one-hour lunch period. The class will be offered free to Columbia County residents. Attendees are on their own for lunch.

Instructors will be three deputies who are certified through the Oregon Police Academy as Defensive Tactics Instructors. The course is de-

signed to teach participants skills to protect themselves in situations that could result in serious assault or death. This course will be taught in "hands on" format during the six-hour training.

All participants are asked to bring a bottle of water and to wear comfortable clothing, socks and tennis shoes. Participants under the age of 18 are required to have a parent present and sign a release form in order to participate in the class.

Pre-registration is required. To attend the course, contact Cassy Miller, Victim Specialist Program Coordinator, at 503-366-4649.

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